



# FAIRFAX COUNTY PARK AUTHORITY



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*For Immediate Release*

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## New Series Teaches Healthy Cooking at Farmers Markets

At this time of year the tables at farmers markets are overflowing with fresh produce and locally grown food. But as beautiful as this bounty is, many people are intimidated by new vegetables and don't know how to cook them. Chef at Market, a new live cooking series offered at Fairfax County farmers markets, aims to change that by showing market goers quick and easy ways to feed families healthy meals.

Live cooking demonstrations will be offered at markets throughout the month of August by Virginia Cooperative Extension Master Food Volunteers. These volunteer chefs will prepare fresh and healthy dishes using produce found in the markets. Most of the recipes use fewer than five ingredients and don't include heavy seasoning. Free recipe cards will be given to anyone who wants to recreate the dishes at home.

Upcoming Chef at Market Dates:

- 8/14 Wakefield 2:30 to 3:30 p.m.
- 8/16 Kingstowne 4:30 to 5:30 p.m.
- 8/17 Burke 10:30 to 11:30 a.m.
- 8/22 Annandale 10:30 to 11:30 a.m.

For more information, call Farmers Market Coordinator Mae Carroll at 703-642-5174. For vendors lists and directions to each market, visit [www.fairfaxcounty.gov/parks/FarmersMarkets](http://www.fairfaxcounty.gov/parks/FarmersMarkets).

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.